

# Whole Health Virtual Class Offerings

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1-2pm</b> <u>Introduction to Whole Health</u> 2<sup>nd</sup> Monday each month (starts in March 2021; virtual classroom)</p> <p><b>2-3pm</b> <u>Meditation</u> (phone) VANTS Access code: 27059</p>	<p><b>2-3pm</b> <u>Gentle Yoga</u> (virtual classroom)</p>	<p><b>2-3pm</b> <u>Anti-inflammatory Diet</u> (1<sup>st</sup> Wednesday each month is Introduction to Anti-Inflammatory Diet/Introduction to Whole Health; Virtual classroom)</p>	<p><b>8-9am</b> <u>Ear Seeds part 1/ Intro to Whole Health</u> (virtual classroom)</p> <p><b>9-10am</b> <u>Ear Seeds part 2</u> (virtual classroom)</p> <p><b>2-3pm</b> <u>You're Not Your Pain/Intro to Whole Health</u> 1<sup>st</sup> and 2<sup>nd</sup> of the Month (virtual classroom)</p> <p><b>2-3pm</b> <u>Pain Skills</u> 3<sup>rd</sup> and 4<sup>th</sup> of the Month (virtual classroom)</p>	<p><b>2-3 pm</b> <u>Qi Gong</u> (virtual classroom)</p>

**Phone classes** are just that – via phone; you won't see each other but will be able to hear and share orally with instructor and other participants. To join, dial VANTS phone: 1-800-767-1750 and put in the Access Code indicated for the class, followed by the # sign. If you call in early, be patient, the instructor will join you to start the class.

**Virtual classroom classes** are like a Skype/Zoom call – you can see and hear the instructor and other participants and they can see and hear you. We will need your address (location where you'll be during the class) when you register in order to assist us should you have an emergency.

**To register** call 520-792-1450 ext. 4971 or 1-800-470-8262 ext. 4971 and leave your name, last 4, a phone number we can return your call, and which class(es) you're interested in. We will return your call to complete the registration process. You can also use this number to request **individualized Health Coaching** (by phone or video). Participation in **Taking Charge of My Life and Health** class is currently being done 1:1 with a Health Coaching call.

**Coach emails:** [vivian.cullen@va.gov](mailto:vivian.cullen@va.gov)  
[leda.fields@va.gov](mailto:leda.fields@va.gov)  
[Jessica.jacobson-mielnicki@va.gov](mailto:Jessica.jacobson-mielnicki@va.gov)

**Registration:** Any coach or  
[melissa.mitic@va.gov](mailto:melissa.mitic@va.gov)

### **Anti-Inflammatory Diet**

The Intro class will cover what an anti-inflammatory diet is & why it is important on the 1<sup>st</sup> Wednesday of every month. Each class thereafter will cover a food group, anti- or pro-inflammatory foods, ways to prepare the foods, recipes, and fun facts. You do not need to attend these classes in any specific order. Significant others are welcome.

### **Coaching**

Coaching is a way of effectively empowering Veterans to find their own answers, encouraging and supporting them on the path toward well-being. Coaching is collaborative, solution-focused, result-oriented and facilitates the Veteran toward self-directed learning, personal growth and goal attainment. **Individual coaching by appointment.**

### **Ear Seeds Parts 1 & 2**

Ear seeds are actual mustard seeds attached to tape that can be placed on five specific points on each ear. The placement of seeds on these 5 points have been shown to reduce chronic pain. That is the reason you would use ear seeds. These classes teach participants to do this for themselves as these 5 points are the same points used in Battlefield Acupuncture (BFA). While BFA may provide quite immediate and intense feelings of relief, your response to ear seeds may be less so, but many people still do find they get relief. Using ear seeds is safe and effective. Using one's own body's natural healing abilities is very liberating for many. You may find that taking part 2 a few days to a week after part 1 works better; allows time for the concepts to be more fully understood.

### **Gentle Yoga**

A movement class for people who don't move very much. We will spend time doing gentle stretching exercises while seated on a chair, easy balancing exercises while standing next to or behind a chair, and some simple strengthening postures using a chair or a wall for support. Significant others are welcome.

### **Meditation**

Guided meditations in mindfulness and compassion are presented. Suitable for all levels of practice. Significant others are welcome.

### **Pain Skills**

The 3<sup>rd</sup> & 4<sup>th</sup> Thursdays of the month we will have demonstrations of self-care pain reduction tools (self-massage, self-acupressure, EFT/tapping, aromatherapy, etc.) Significant others are welcome.

### **Qi Gong**

Qi gong is a form of exercise that involves posture, breathing, and mental focus. Qi gong will help you reduce stress, build strength, increase energy, and enhance your immune system. Significant others are welcome.

### **You Are Not Your Pain**

A two part series - Overview of Integrative Pain Management; Active vs Passive Pain Management; Understanding Pain Process; Biology and Stress factors; Pacing & SMART Goal Setting; Communication Awareness & Stress; An Introduction to Whole Health.